

How To Be HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes



The Band Method

THIS popular and pretty marcel wave is said to be bad for the hair.

Numerous complaints have been made of injury, and even of permanent harm, done to the hair by constant use of this method.

In every case this has been traced back to the use of heat, the same cause which leads to falling hair with users of curling iron. There are many ways to marcel the hair without the use of fire.

Among these are the kid, ribbon, or other artificial curlers, the employment of curling lotions, and the new hairpin and string method.

We will treat of these last modes first. The hairpin curling is illustrated in one of the photographs accompanying this article.

The hair is first parted in the middle, and divided into small strands. For each of these a thin wire hairpin is used. Pass the strand through the bend of the hairpin, and then twist it down its length, plaiting it, as it were, first with one side and then with the other.

When all the hair has been wound upon it that the pin will hold, twist its ends upward to hold the strand secure, and proceed to the next.

The string and paper method is almost as simple.

Braiding With String.

A long string is tied tightly to a small roll of paper, which is then held closely against the scalp. The hair has, as before, been divided into strands.

Each strand is then separated into three parts and is plaited, the piece of string in each case being plaited with one of the sections.

When braided to the end, the string is drawn upward, pulling the hair with it, and is tied again around the paper.

Two or three hours will accomplish the marceling by either of these methods, though the effect is better if the hairpins or strings are left on all night.

Even tight braiding in innumerable "Topsy" plaits will wave the hair over night. This, however, takes a good deal of time and patience.

A better way for the busy woman is to use the regular kid or ribbon curlers, or one of the many patent wooden or metal ones.

To secure a large, loose wave, simply tie a wide ribbon tightly about the hair near the top of the head before retiring. In the morning there will be one deep wave about the middle of the pompadour and another further up on the back hair.

There are several good curling preparations. Quince seed, for instance, makes an excellent one, and is of especial value to those whose hair is affected by the weather. It is prepared by mixing a tablespoonful of bruised quince seed with a pint of hot water.

The water is poured over the seeds and the whole allowed to stand for several hours.

The resultant mucilage may then be thinned with a few drops of essence of violet. The hair is moistened with the fluid before curling.

Curling Solutions.

A solution to keep the hair curled is made as follows:

Gum arabic.....1 ounce
Good, moist sugar.....1/2 ounce
Pure hot water.....1/2 pint
Alcohol.....2 fluid ounces
Bichloride of mercury.....5 grains
Sal ammoniac.....5 grains

The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with rose or lavender. Moisten the hair with the fluid before putting it in the papers or curlers.

This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently used, and not at too short an interval. An occasional use, however, is practically harmless.

A curler which will marcel the hair



Tightly Plaiting the Hair

without the use of any other means is made with the following ingredients: Potassium carbonate.....120 grains
Ammonia water.....1 fluid dram
Alcohol.....12 fluid drams
Rosewater, enough to make.....16 fluid ounces

In using this preparation, moisten the hair with it, adjust it loosely and it will curl upon drying. A child's hair may be trained to wave naturally by constantly brushing it in a backward direction. After childhood, however, this is ineffectual, except where the hair falls out after a fever. Sometimes the beauty of a carefully waved coiffure is spoiled by the little "scolding locks" that grow around the top of the neck and over the ears.

While this is so, it is hard to understand why any woman should prefer the use of iron, which break the hair and dry it so that its growth is retarded. It is in every way better to wave the hair by one of these natural and simple methods, and there can be no doubt that the effect is just as attractive, if not more so, than when the hair is marcelled in the usual manner.

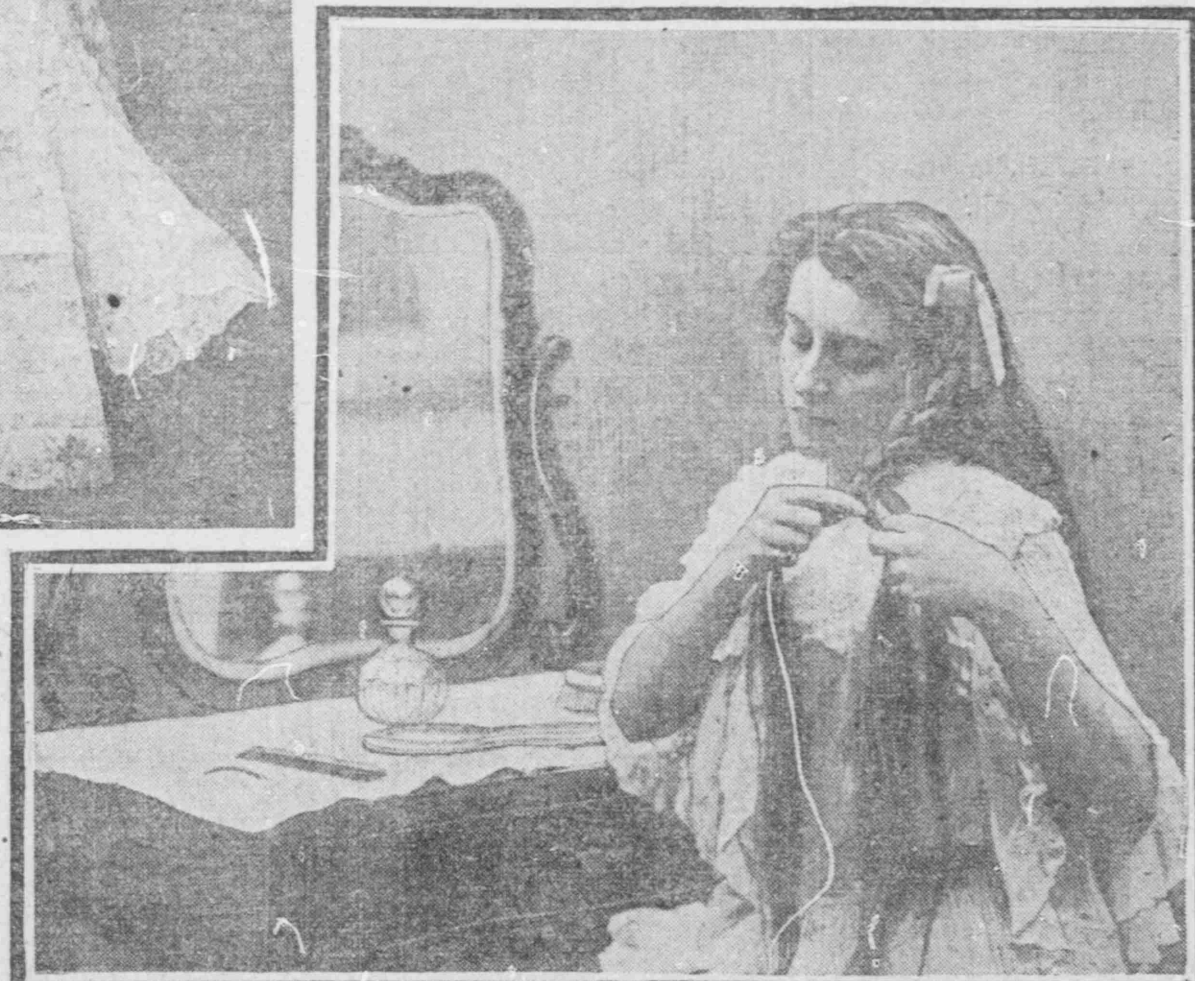
NOTHING NEW.

"I have read that some genius of a shirtmaker has invented a shirt without buttons. Therefore, it should not be too frequently used, and not at too short an interval. An occasional use, however, is practically harmless."

A curler which will marcel the hair



How to Draw the Thread



Braiding Hair on String

Advice by Mrs. Symes

Becoming Bald at 21.

MY HAIR is quite thin around the ears and has been falling out quite a little lately. The hairs that come out seem to have a white root at one end and the hair is dry. I am only twenty-one years of age, so you see I am not quite ready to be bald. Kindly tell me what to do to prevent its falling out, and to restore it and make it grow thick again.

Take a course of massage treatments at your barber's and use the following formula:

CURE FOR BALD SPOTS. Where the hair falls out in spots try the following wash:

Distilled rosewater.....6 ounces
Aromatic vinegar.....5 drams
Pure glycerine.....24 ounces
Tincture nux vomica.....1/2 ounce
Tincture cantharides.....2 1/2 ounces

Mix thoroughly. Apply night and morning. Go hatless in the open air whenever possible.

Dyeing Light Eyebrows.

My hair is a dark brown, and my eyebrows are very light. I should like you to give me a stain that would darken my eyebrows. I tried a walnut stain for some time that is very good, but I have

advise me to go to a doctor and have it cut off, as it looks very bad?

A READER.

Do not have the wart cut; use instead the following:

WART ERADICATOR.

Sublimed sulphur.....5 fluid drams
Glycerine.....5 fluid drams
Acetic acid.....1 fluid dram

Apply repeatedly for several days. The wart will dry up and drop off. Or, touch it daily for a few days with a stick of caustic. It will turn black, but will eventually disappear.

Olive Oil as a Flesh Food.

Is pure olive oil good for developing the neck, arms, and bust, or is a "flesh builder" more beneficial? I do not care to use anything internally on account of stomach trouble,

but realize the necessity of using pure creams only.

Olive oil will do you more good internally than externally, and will not affect your stomach if taken with Stage Juice.

Externally, massage with the following:

MASSAGE CREAM.

Lanolin.....24 ounces
Spermaceti.....6 drams
White vaseline.....24 ounces
Cocaine oil.....2 ounces
Sweet almond oil (Allen's).....2 ounces
Tincture of benzoin.....1/2 dram

Melt the first five ingredients together, heat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added, if agreeable.

Facial Troubles.

Kindly tell me how to make carrot jelly.

Kindly give me, also, a remedy for enlarged, clogged pores. I have blackheads as well, and every summer my face takes on a shiny, greasy appearance.

I bathe it every night with pure alcohol, and scrub it once a week with a complexion brush, but all to no avail.

PEGGIE.

It is the recipe for carrot jelly:

CARROT JELLY.

Grate the carrots on a coarse grater, and extract the juice by squeezing through cheesecloth.

Make a quart of jelly with any standard gelatine, using only three-fourths the prescribed quantity of water, the remaining fourth being replaced by pure carrot juice. Add sugar sugar very sparingly.

I am giving you formulas for remedies which, used as directed, should give you a clear, healthy skin:

LOTION FOR ENLARGED PORES.

Boric acid.....1 dram
Distilled witch hazel.....4 ounces
Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

GREEN SOAP TREATMENT FOR BLACKHEADS.

Tincture of green soap.....2 ounces
Distilled witch hazel.....2 ounces

Let this mixture stay on only a few moments, then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream.

Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard.

FOR OILY SKIN.

Banish all rich and greasy foods, for diet has a great influence on the condition of the skin. Wiping off the face occasionally with diluted alcohol (25 per cent strength) is beneficial in the case of an oily skin. A few drops of ammonia or a pinch of borax in the water with which the face is washed is also helpful.

M. R. Henna will make your hair a dark red. If that is the color you wish it, it is the best thing you could use. I advise you to use the tonic I am giving you first, and not to start the hair until you no longer need a giver. By that time the invigorator on the scalp may even give a brighter color to the hair. The hair is such a pretty shade that it seems a pity to tamper with its color.

I am giving you the formula for a whitening and softening cream. Use it after washing the face in the evening, and the other formula during the day.

HAIR TONIC.

Resorcin.....3 drams
Tincture cantharides.....1 ounce
Rectified alcohol.....4 drams
Oil rosemary.....10 drops
Essy rum, add sufficient to make.....8 ounces

CUCUMBER LOTION OR CREAM.

Expressed juice of cucumbers.....1 pint
Dedgerized alcohol.....1 1/2 ounces
Sweet almond oil.....3/4 ounce
Shaving cream.....1 dram
Blanched almonds.....1 1/2 drams

This is a suave lotion, very whitening, softening, and cleansing.

NEPAIR—You may have made things worse by trying so many remedies. Use this now and, meanwhile, keep the child's head thoroughly clean. Probably you did not use the soap as here directed, for it is an excellent cure.

CURE FOR PARASITES.

Cut a cake of bi-chloride of mercury soap into halves and shave one-half into fine bits. Dissolve it in boiling

water. You may set the mixture on the stove over a gentle heat if you choose. You should have the water form a jellylike mixture when cold.

The following lotion may be used after a thorough washing with the foregoing preparation:

Tincture staphysagria.....3 ounces
Bay rum.....3 ounces

A. C.—I cannot understand why the curlier did not prove satisfactory, as I have never before received a complaint regarding it. Are you sure it was properly made up? And did you arrange the hair loosely and moisten it with the preparation?

Perhaps you failed because you tried using the curlier in conjunction with another preparation. This is not necessary, as it is only temporarily effective itself.

Restoring Bleached Hair.

Can you give me a formula for restoring hair to its natural color? I have kept mine light for the last two years with peroxide, and am now very anxious to have it dark, its natural color. It is really black.

Nothing but a dye will restore the color of your hair quickly, and I should not advise you to use that. You would better have patience, and wait for your hair to grow out in its natural color. It is the penalty of bleaching.

Curling Fluid and Sunburn.

Kindly give me a simple, perfectly harmless curling fluid. I wear my hair parted and puffed at the sides. It is so fine and light that it will not stay out unless it is slightly oiled. I have never tried anything, but have been thinking of using quince seed.

Do you know of anything better than your cucumber cream for whitening the skin? Can it be used constantly without danger of promoting the growth of hair? My face is inclined to have a slight fuzzy growth.

I get so black that I would like a harmless quick preparation, which I could use every night after returning home, for whitening the skin. It takes me now until January to whiten.

Will the cream keep indefinitely if a good supply is made when the cucumbers are in season?

Can you give me something for constant use on the hands to whiten them? I use glycerine and rosewater now to prevent chapping.

MRS. L. W. B.

A good curling solution for you is the first one given in my leading, article to-day.

Cucumber cream is a good whitener, but I would recommend the following instead for sunburn. I am also giving you a whitening and softening lotion for the hands. It will prevent chapping.

SUNBURN.

White petroleum.....24 ounces
Paraffin.....4 ounces
Lanolin.....1/2 ounce
Water.....1 1/2 ounces
Oil of rose.....3 drops
Alcohol.....1 dram

LOTION TO WHITEN AND SOFTEN HANDS.

Put into a bottle two ounces of glycerine, two ounces of water, four tablespoonfuls of lemon juice and a few spoonfuls of carbolic acid. Shake well. After washing and drying the hands, rub a little of this mixture into them.

Three Requests for Formulas.

Kindly print your formula for orange-flower cream.

M. B.

Kindly give me a prescription for a liquid face whitener to take the place of powder.

Mrs. U. W. W.

Kindly prescribe me the Vaucaire formula for enlarging the bust.

D. O. B.

Here are the three formulas desired:

ORANGE-FLOWER CREAM.

Oil of sweet almonds.....4 ounces
White wax.....6 drams
Spermaceti.....6 drams
Borax.....15 drams
Orange-flower water.....2 ounces
Oil of neroli.....15 drops
Oil of bigarade (orange-skin).....15 drops
Oil of petit grain.....15 drops

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

LIQUID WHITENER.

Water (previously boiled and strained).....1 quart
Alcohol.....24 drams
Lacto phosphate of lime.....24 drams
Tincture of fennel.....10 grains
Simple syrup.....12 ounces

The dose is two spoonfuls with water before each meal. This formula is now finally revised and absolutely correct.